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Harford's Prosperity"

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STEWARDSHIP
"Protecting Our
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QUALITY LIVING
"Safeguarding What is
Important to Harford
County Citizens"

Press Release

HARFORD COUNTY GOVERNMENT

Office of the County Executive

FOR IMMEDIATE RELEASE: December 26, 2012

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County Executive Urges Citizens to Get Vaccinated

Vaccination Best Precaution Against the Flu

(Bel Air, MD) - - Harford County Executive David R. Craig has joined hundreds of county employees and their families in getting their annual vaccination against the flu. The vaccination was administered by the Harford County Health Department in Bel Air.

"Flu season is upon us and I join with the Harford County Health Department in urging citizens to take the opportunity to get vaccinated," said County Executive Craig. "Vaccination is especially important for people at high risk of serious flu complications," the county executive said.

Each year in the United States nearly 200,000 people are hospitalized from complications from the flu. The Center for Disease Control (CDC) recommends a yearly seasonal flu vaccine as the first and most important step in protecting against influenza.

County Executive Craig joins health care professionals in recommending vaccination for young children, pregnant women and people with chronic health conditions such as asthma, diabetes or heart and lung disease, as well as those over the age of 65.

In addition to getting vaccinated against the flu, everyday preventive actions may also reduce the risk of getting sick. The following recommendations are offered to help combat the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Use alcohol-based hand cleaners frequently to help reduce the spread of germs.
- Try to avoid contact if possible with those who are sick.

(more)

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- If you become ill with flu-like symptoms, stay home for at least 24 hours after your fever is gone so as to limit the potential of making others sick.
- For further information, visit the Center for Disease Control flu website at www.flu.gov.

“Vaccination against the influenza virus, following the recommendations from health care professionals and using common sense will help in reducing the spread of the flu,” remarked County Executive Craig.

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“Preserving Harford’s past; promoting Harford’s future”